

Be Mindful of Your Hunger

Without even realizing it, most people eat without much thought. When you do this, however, you tend to overeat, and you often miss the joy in eating. The simple act of mindful eating is one way you can honor your body, yet fill your soul. Remember to slow down. It takes at least 20 minutes for the brain to get the message that you are full, so chew well and slowly, and savor every bite.

Hunger-Rating Scale

1	Empty	Feel faint or sick because you are so hungry, as if you haven't eaten for days
2	Famished	Famished and seriously uncomfortable, borderline nauseous
3	Extremely Hungry	Stomach growling; Feel easily irritated and edgy
4	Physically Hungry	Feel a bit low on energy and slightly uncomfortable; It is here that you want to eat. Carry snacks and plan so that you are able to honor this hunger and not surpass it and enter the "danger zone."
5	Manageable	Think you might feel hungry, but signs and symptoms are manageable; Often find yourself poking around the fridge; Ask yourself what it is that you really need. Maybe you are tired, bored or procrastinating something.
6	Neutral	Feel neutral, though hunger is on the horizon
7	Comfortable	Comfortable and can eat with control; You could actually stop here, as the hunger pangs have subsided.
8	Full	Feel full; Stop eating, or don't start eating yet.
9	Too Full	Feel too full, because you may have had a few too many bites
10	Uncomfortable	Feel uncomfortably full and bloated
11	Miserably Full	Holiday-overeating full; You are not hungry at all. You never want to look at food again.

Track Your Hunger

Use the scale to keep track of your hunger patterns on this chart:

Rate your hunger when you started eating	Rate your hunger when you finished eating	What do you remember about your meal?	Were you satisfied?

Note your average ratings and set goals to avoid extreme hunger and fullness, if needed. Go for the green scores!